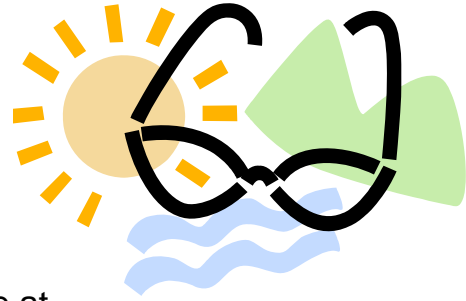


Dear Fellow State Employees:

Cheers to summertime in Michigan from
WOW Working On Wellness.



Please click to go directly to our WOW website at
http://www.michigan.gov/mdcs/0,1607,7-147-22854_24290---,00.html
for updated information on:

FITNESS
NUTRITION
MEN'S HEALTH
WOMEN'S HEALTH
WOW NEWS
FITNESS CLUB & PEDOMETER DISCOUNTS
CANCER AWARENESS
KNOW YOUR FAMILY HISTORY

NEW FITNESS CLUB DISCOUNTS

- * The Brighton CONTOURS EXPRESS is offering an August Special.
 - * The Troy CONTOURS EXPRESS is offering a special through August 15th.
 - * The Ypsilanti CONTOURS EXPRESS is offering a "Rest of Summer Free" special for those who join by August 1st. Look for CONTOURS EXPRESS specials in the Lansing and Okemos area, Berkley and Plymouth/Canton as well.
 - * Detroit area - Fitness U.S.A. will offer "Free 20 days of Fitness", August 2nd through September 1st.
 - * The Michigan Athletic Club (M.A.C.) in Lansing will offer three "State Employee Nights at the MAC" free during September.
http://www.michigan.gov/documents/SOMNightAtMAC_flier_166363_7.pdf
 - * SOM employees will be able to join the Downtown Lansing YMCA Wellness Center with ZERO enrollment fee in September.
- Check the Fitness Club Discounts page for more details and for other discounts in your area.

WHAT IS WELCOA? (WELLNESS COUNCILS OF AMERICA)

"As North America's premier resource for worksite wellness, the Wellness Councils of America is dedicated to helping organizations of all kinds build and sustain results-oriented wellness programs."

WOW will include relevant WELCOA online bulletins in future emails as a resource for great tips on keeping you and your family healthy. See below:

BETTER SAFE

The Facts on Managing Your Cholesterol

Atkins Diet Q&A

Nutrition for a Healthy Long Life

http://infopoint.welcoa.org/bulletins/pdf/bs_v7_no10.pdf

DAY IN & DAY OUT

Stick With It

Women, Weights, and Core Strength

Fit For Life

http://infopoint.welcoa.org/bulletins/pdf/dido_v7_no10.pdf

TO YOUR HEALTH

Target Your Heart Rate

Hearty Facts

The Mediterranean Diet

http://infopoint.welcoa.org/bulletins/pdf/tyh_v7_no10.pdf

JULY WOW CONTEST

Check the August WOW News page to learn who won. Thanks to all contest participants. Please continue entering if you have never been selected a winner, and remember to visit us monthly for new health information.



Have a healthy summer!

Working On Wellness

The WOW Team

Employee Health & Wellness